QUAIDS RELEASED
ACTOR'S WIFE DECLARED CANADIAN CITIZEN {page 15}

SMITTEN
BERRY'S NEW BEAU MOVING IN? {page 20}

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Thursday, October 28, 2010
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News worth sharing.

In-custody deaths tops in B.C.: Study

In B.C., in-custody deaths include detained individuals, those being dealt with by police ◗ Narrower parameters used elsewhere to classify in-custody death ◗ Study assessed six provinces, territories

British Columbia has the highest rate of in-custody deaths in the country, according to a study released yesterday by a civil rights watchdog.

Our rate is also twice that of Ontario's, despite that province having three times the population, according to the B.C. Civil Liberties Association.

David MacAlistar, author of the report, said little can be done with those dying of natural or unknown causes, but many of the deaths are preventable.

"It's fairly safe to say that probably the biggest group is individuals who are dying from alcohol or (drug) overdose in the cell," said MacAlistar.

"I'd like to see us move to some alternatives to incarceration (for intoxicated individuals) like a sobering-up facility.

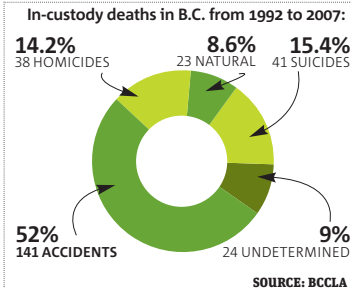
"We should think seriously about the conditions under which people are detained. Are prison cells adequate? Have we given police resources to deal with problem cases? Made sure there's adequate health screening?"

He added it's important to have an independent, civilian agency investigating these deaths, and that police need to rethink use of force and the conditions under which they use their firearms.

Ian Indridson with the Ministry of Public Safety and Solicitor General said a civilian-based investigative office is in development, as is the installation of audio and video recording equipment in police buildings.

"We take these matters very seriously and that's why we always require RCMP and municipal police departments in B.C. to ensure that their policies and procedures are appropriate," he said.

KRISTEN THOMPSON



SOURCE: BCCLA

Henry. Acquitted

▶ Ivan Henry hugs his daughters Kari, right, and Tanya Olivare outside the Law Courts in Vancouver yesterday.

JONATHAN HAYWARD/THE CANADIAN PRESS

Man cleared of rapes after years in jail

The B.C. Court of Appeal unanimously acquitted Ivan Henry on eight counts of rape that had sent him to prison in 1983 for 27 years. A litany of serious errors by the judge, Crown and police led to Henry's wrongful conviction — one of the longest in Canadian history. Story page 3.

Sometimes simple is best

Lunch Rush is loving bistro's sandwich deal {page 26}

A one-man bomb show

John Mazerolle confronts the comedian's nightmare {page 17}

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Campbell hits TV to defend HST

Premier Gordon Campbell took his HST sales pitch directly to voters last night during a 20-minute televised address.

"We should we have consulted you more," said Campbell, who also announced a 15 per cent reduction in the provincial income tax on the first $72,000 earned.

He laid out the rushed rationale behind the government's decision to harmonize its sales tax. He also reminded viewers that they would be the de facto "finance minister" during a referendum on the HST next September.

METRO

METRO FILE

▶ Premier Gordon Campbell

Guilty pleas in Proctor killing

Two teen boys charged in connection with the death of Victoria teen Kimberly Proctor pleaded guilty yesterday to charges of first-degree murder, forcible confinement, sexual assault and indignity to human remains.

Because they were under 18 when the crime was committed, their names cannot be released. Crown is recommending they be sentenced as adults.

METRO

JONATHAN HAYWARD/THE CANADIAN PRESS

▶ Ivan Henry, right, with his daughter Kari outside the Law Courts in Vancouver yesterday.

Justice served, 27 years later

◗ Henry's wrongful prison term considered one of the longest in Canadian history ◗ Lawyers said original case was 'farcical,' 'polluted'

A man who spent 27 years in prison claiming he wasn't responsible for the rape of eight women was acquitted yesterday after the B.C. Appeal Court concluded he was the victim of an egregious abuse of process.

The Appeal Court panel unanimously tossed out Ivan Henry's convictions, outlining a litany of serious errors by the judge, police and Crown in Henry's 1983 trial.

"We all got to believe in honesty in some sense, that something will work right if you just wait for it," said Henry, 63, who walked from the Law Courts an hour after the verdict with a big smile on his face and his two daughters by his side.

He said his belief in God and honesty got him through.

Henry was convicted for a series of rapes against women in Vancouver between May 1981 to June 1982.

After the guilty verdict, he was declared a dangerous offender and given an indefinite prison sentence.

THE CANADIAN PRESS

Injustice

Other wrongfully convicted Canadians:

- **Steven Truscott** Served 10 years in prison before being paroled in 1969.
- **James Driskell** Spent 12 years in prison before he was released in November 2003.
- **David Milgaard** Jailed for 23 years before his conviction was overturned in 1992.

1 news

Cyber-preying victims tell of depression, suicide attempts. Scan code for the story.

1 Download the free ScanLife application with your smartphone at 2dscan.com

2 Use the ScanLife application on your smartphone to scan 2D barcodes in Metro

3 The codes will direct your mobile browser to relevant content at **m.metronews.ca**

On the web at metronews.ca

Another politician learns the pitfalls of Twitter as controversy swirls around 'bigot' post. Video at metronews.ca

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Where do our fears come from?

- Fear plus disgust equals pure horror magic, says UBC psychology prof
- Halloween taps our evolved fears, including snakes, spiders and dark

STEPHANIE ORFORD
VANCOUVER@METRONEWS.CA

There's a reason why movies about aliens and zombies leave many of us scared to sleep at night, said an evolutionary psychologist.

"Fear seems to be an adaptive response to things that, historically, posed a danger to us," said Mark Schaller, a professor at the University of British Columbia.

That's not to say that our ancestors faced aliens and zombies, exactly, but these fictional threats share key features with threats our ancestors did encounter, such as snakes, sickness, and predatory people.

"The research that myself and others have done suggests that what we're really looking for is anything that makes someone look weird or act weird."
MARK SCHALLER, PROFESSOR OF PSYCHOLOGY AT UBC

This is why we are most afraid of incarnations of predators or disease — basically "somebody or something that looks like it might have the capacity to do you harm," Schaller said.

"There's probably a reason people carve pumpkins to look angry-looking."

Skeletons, spastic movements, and ghostly pallor can all freak us out, not to mention blood and other bodily effluences, because they all signify disease.

"Alien is a classic because it taps into both these kinds of fears.

Big jaws, big teeth, big claws are the classic things that can kill you in predators."

Alien also has glistening skin, like reptiles and sick people, so it packs a double whammy in the fear department.

Scare yourself

See Reel Fears, right, for horror movie recommendations by Jordan Willox of Happy Bats Cinema. Get that cold sweat flowing! Some photos taken at Dunbar Haunted House.

CHRISTOPH PREVOST/FOR METRO

▶ Humans, like Amanda Siedert, developed fear as a response to ancestral dangers.

Reel Fears

PHOTOS
1. CHRISTOPH PREVOST
2. CHRISTOPH PREVOST
3. CHRISTOPH PREVOST
4. CHRISTOPH PREVOST
5. ATLI ARNASON

1 **Blood and guts** The Thing. "Not overly graphic, but some moments are really intense. That's a good blood-and-gutty film."

2 **Disease** Slither. "It has some of the best really great, gory, transformationy, slimy makeup effects I've ever seen."

3 **Human predators** The Shining. "Jack Nicholson storming around that hotel with an axe after his family ... It's just legend."

4 **The dark** The Orphanage. "I think anyone who wants to get scared should watch this movie."

5 **Creepy Crawlies** Squirm. "It's fun, campy, old-school."

STEPHANIE ORFORD

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News in brief

B.C.'s nature nearly priceless

STUDY. The Lower Mainland's landscape is worth an estimated $5.4 billion ($2,462 per person) annually for things like filtering air and water and storing carbon, suggests a report by the David Suzuki Foundation. METRO

25,000 names for fare card

TRANSIT. TransLink has received more than 25,000 names for its electronic fare card. METRO

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Nash. Retiring

▶ Whitecaps FC midfielder Martin Nash, right, with coach Teitur Thordarson at Swangard Stadium yesterday.

STEPHANIE ORFORD/FOR METRO

Whitecaps' captain quits

Martin Nash announced his retirement as a player yesterday after 15 professional seasons. The 34-year-old Whitecaps FC captain will take on a coaching role with the franchise as it transitions to Major League Soccer next season.

Diabetes time bomb

Diagnosis of diabetes in B.C. expected to rise 62 per cent by 2020

KRISTEN THOMPSON
@METRONEWS.CA

Around 30 per cent of British Columbians are expected to be diabetic or pre-diabetic within the next decade, according to a study released yesterday by the Canadian Diabetes Association.

"We have an aging demographic and ... a number of people coming in to the province from high risk communities like Asian communities," said Michael Cloutier, president and CEO of the Canadian Diabetes Association.

He added diet and lifestyle are also factors.

"The best action for us to take ... is to work on prevention of secondary implications ... like kidney failure, heart attack, blindness and limb amputation," Cloutier said.

$1.3B
The financial impact of diabetes is estimated at $1.3 billion per year.

"Eighty per cent of the cost of diabetes is actually in those downstream complications."

He said that turning the tide against diabetes requires a shift in government approach, private sector involvement and broad-based personal and societal change.

"By investing in the care making accessible medications and devices and supplies to people living with diabetes we can reduce the impact," Cloutier said.

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Can satire save America?

Colbert, Stewart lighting a nationwide civility flame

It may go down as the perfect antidote to an American election cycle as bitter and vicious as any in living memory.

Political satire is headed this weekend to the capital of the United States.

Left-leaning comedians Jon Stewart and Stephen Colbert descend upon Washington's National Mall on Saturday for their joint Rally To Restore Sanity And/Or Fear.

The event is expected to attract tens of thousands of fans just three days before mid-term elections that could see Republicans regain control of Congress.

The same dynamic is playing out in towns and cities across the U.S.

"There are thousands upon thousands of us who are sick and tired of everyone calling everyone else a Nazi," said Jim Baum, coordinator of Saturday's Seattle rally.

"And we're coming out of the woodwork to say enough is enough — it is time for a return to civility so we can start addressing our real problems."

Baum anticipates at least 6,000 people will attend Seattle's edition, timed to coincide with the main rally in DC.

Stewart and Colbert both trade in fake news — with Stewart playing a counterfeit newscaster and Colbert as the comic foil, a faux-conservative pundit.

While rumours abound that everyone from Oprah Winfrey to left-wing politico Ariana Huffington will join them in Washington, few are certain precisely what will unfold.

Whether it adds up to anything more than a gigglefest remains in doubt.

Even Seattle organizer Baum is unsure: "The hope is that after Saturday we can morph this into a sort of Civility Watch to celebrate people who encourage unity and rational debate in America."

More than 300,000 people on Facebook have said they intend to travel to Washington.

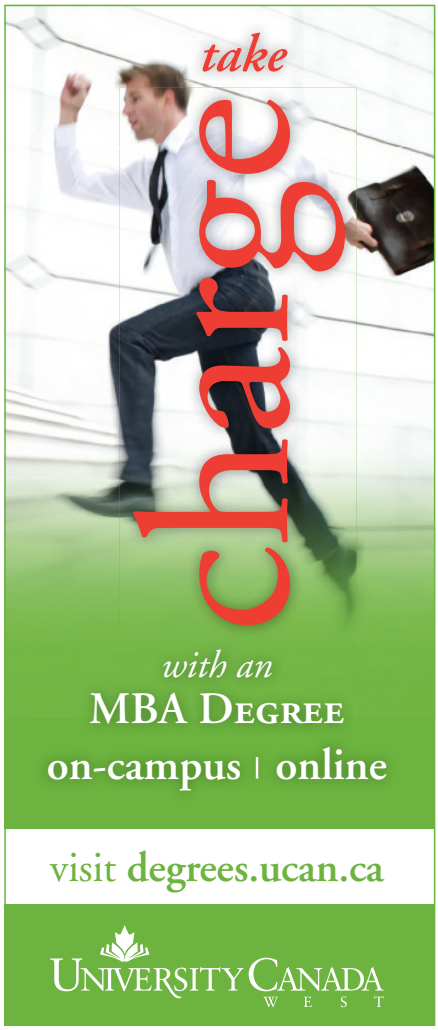
TORSTAR NEWS SERVICE

Hope for future

- Saturday's rally in D.C. is now a viral phenomenon, with as many as 1,000 satellite rallies planned throughout the U.S. and far beyond.
- Some, like a copycat rally set for the Everest base camp, may amount to little more than a few like-minded souls coming together to commiserate over the polarized American condition.
- But at least 50 will be full-fledged happenings driven by organizers who hope they will mark a turning point in the national conversation.

JASON KEMPIN/GETTY IMAGES

▶ Stephen Colbert, left, and Jon Stewart hope the U.S. will surrender itself to the reasonable middle and return to something approximating its normal self again.



ONLINE INVESTING

Is self-directed investing right for you?

Over the last decade the Internet has shaped how consumers purchase goods and services. Investment products are no exception. With the availability and prevalence of investment information and online tools, a growing number of Canadian investors are managing all or some of their investment portfolio themselves.

For those people interested in self-directed investing, three questions they should ask themselves are:

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Test your online knowledge and keep score!

1) What is a stock market? 3 points

a. An exchange where investors trade securities
b. A market for various types of company products and inventory
c. A market where investment banks go to hire their professionals

2) An investment in a mutual fund allows an investor to achieve all of the following benefits, EXCEPT: 3 points

a. Guaranteed returns in excess of the returns on a benchmark index
b. Diversifying among many different securities
c. Managing and rebalancing between sectors and asset classes at the portfolio manager's discretion

3) What is the best way to begin building an investment portfolio? 3 points

a. To purchase securities from a minimum of three and a maximum of six countries
b. To determine a target asset allocation based on your risk tolerance and financial goals
c. To allocate over 80% of the portfolio to illiquid investments such as private equity and real estate

4) A lower-cost investment that allows an investor to replicate the performance of an index without having to physically trade all of the securities that comprise that index is called: 3 points

a. A high-interest savings account
b. An inflation-linked note
c. An index Exchange Traded Fund (ETF)

5) What is the best way that investors can educate themselves about the markets and investing? 3 points

a. Read market trends and commentaries
b. Use online learning resources like the ones available through RBC Direct Investing including our tailored learning plans that offer something for every level of investor – whether you're experienced or just starting out
c. Opening up an online Practice Account in order to practice online investing without the risk of using real money
d. Doing all of the above for FREE with RBC Direct Investing Practice Accounts!

Answers: 1 (a), 2 (a), 3 (b), 4 (c), 5 (d)

How did you score?

12-15 Excellent level of investment knowledge! You have a solid understanding of investment concepts and the wide range of products available to today's investors. With an RBC Direct Investing Practice Account, you can explore more advanced strategies.

8-11 Very good level of investment knowledge! You have a strong command of investment fundamentals and product types. You can learn about more complex products like ETFs and mutual funds and begin building practice portfolios with RBC Direct Investing Practice Accounts.

0–7 You are just getting started in the world of investments. An RBC Direct Investing Practice Account can help you build your investments knowledge so you will be confident to take on the world of self-directed investing.

Those Facebook 'friends' may just be hackers

Firesheep lets you access someone's profile with a couple of clicks Twitter and Flickr vulnerable, too

Think twice before logging into Facebook with free WiFi access — unless you don't mind snoopers reading and potentially altering your profile.

A software developer is hoping to educate users about the dangers of using unsecured WiFi networks with a computer program that makes it fairly easy for anyone to hack into Facebook and Twitter accounts.

With a download of Firesheep, a plug-in for Mozilla's FireFox web browser, all it takes is a couple of clicks to access someone's profile on a variety of websites, also including the photo-sharing site Flickr and the Wordpress blogging platform.

The program sniffs out log ons over the network and connects Firesheep users with those accounts.

"Websites have a responsibility to protect the people who depend on their services. They've been ignoring this responsibility for too long," wrote Seattle-based Eric Butler, explaining his program.

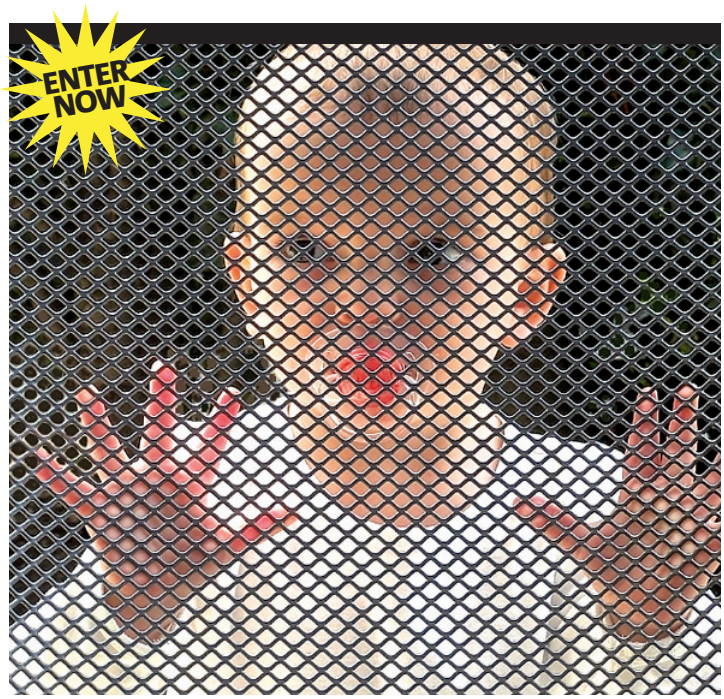
Butler said not all websites are vulnerable to Firesheep, but too many sites aren't secure enough.

While typed-in login information may be protected, the user-identifying information in cookies — small text files that websites access on a user's computer — is not.

THE CANADIAN PRESS

The coffee test

- In a little more than 24 hours, Firesheep was downloaded more than 129,000 times.
- Ian Robertson, an IT professional in Ottawa, took his laptop to a couple of coffee shops to give the program a test drive. He was surprised how easy it was to use.
- To protect against getting hacked while using open WiFi, experts recommend another FireFox plug-in called HTTPS-Everywhere.



STUART MATTHEWS

Today's shot: Child Looking

Today's photo of the day is by Canadian Stuart Matthews and was submitted in the Emotions category. The photo is titled: Child Looking. Enter your photos today and view more pictures at metrophotochallenge.ca.

metro PHOTO CHALLENGE

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Los Cabos 7 Nights 4-Star	from $688 + taxes & fees $273
Holguin 7 Nights 4-Star	from $689 + taxes & fees $240

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CRUISE roundtrip Los Angeles and visit Los Cabos, Puerto Vallarta & Mazatlan.

Southern Caribbean 10-Night Cruise — from $499 + taxes & fees $73
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Toronto Air + 4 Nights — from $568 + taxes & fees $155
INCLUDES central accom close to shopping and attractions. ADD CN Tower Admission from $29.

Big White Ski Special 6 Nights + Ski Passes — from $589 + taxes & fees $76
INCLUDES accom with full kitchen, in-suite laundry & 4-day lift tickets at Big White and Silver Star.

Vacations

Phuket Air + 7 Nights from $1499 + taxes & fees $236
INCLUDES 4-star resort accom.

Cook Islands Air + 12 Nights — from $1569 + taxes & fees $335
INCLUDES resort style accom on the beach.

USA

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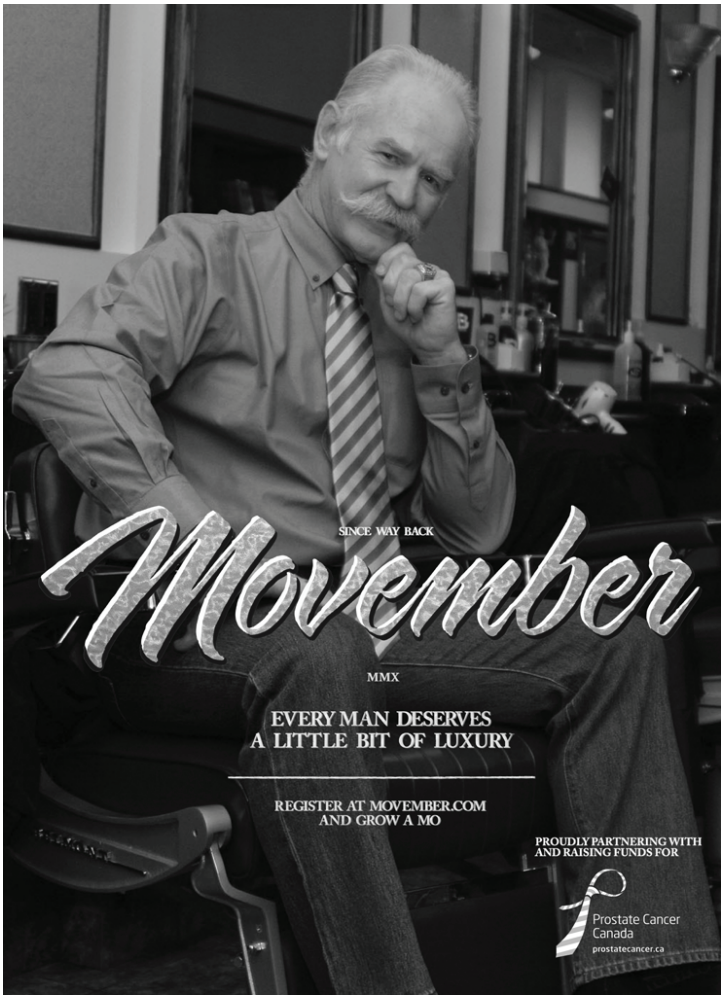

Galloway headed for Kenney's turf

Previously banned British ex-MP to make special stop in Canadian minister's riding during tour

Firebrand politician George Galloway is bringing his fight with Jason Kenney straight to the immigration minister's Calgary riding.

The former British MP will launch a tour of 10 Canadian cities next month, including a stop in Calgary on Nov. 23.

Earlier this month in Toronto, Galloway donned a pair of red mittens as if they were boxing gloves, challenged Kenney to a public debate and promised to sue the minister for slander.

The gesture came after immigration officials let Galloway into the country following a Federal Court ruling that was critical of the government.

Recap

Kenney pulled the welcome mat on Galloway last year because of his alleged financial support to the Palestinian group Hamas. Ottawa considers Hamas a terrorist organization. Kenney has said he disagrees with the judge's finding that the initial move to keep Galloway out of Canada was politically motivated.

Galloway's November tour will also take him to Halifax, Hamilton, Ont., Toronto, Vancouver, Yellowknife, Edmonton, Winnipeg and Ottawa. It begins Nov. 17 in Montreal. In a release, Galloway says he will speak about his fight with the Canadian government and the political situation in the Middle East and Asia.

Galloway alleged he was slandered in front of the world by Kenney branding him a terrorist.

THE CANADIAN PRESS

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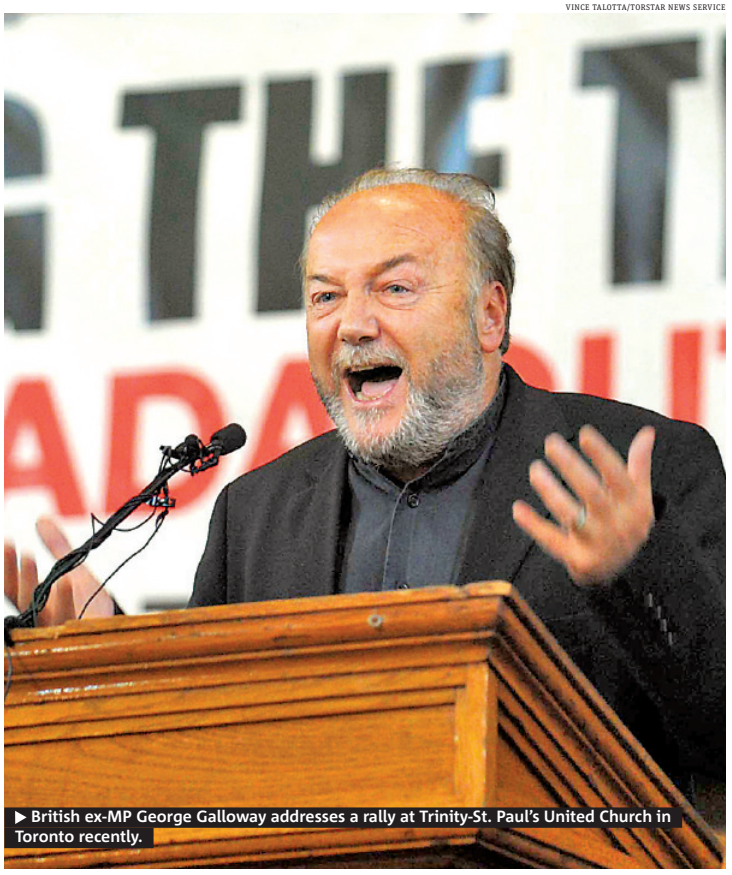

▶ British ex-MP George Galloway addresses a rally at Trinity-St. Paul's United Church in Toronto recently.

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Disasters' death toll tops 300

Indonesian officials say warning system installed after '04 tsunami was broken from lack of maintenance

The death toll from a tsunami and a volcano rose to more than 300 yesterday as victims of Indonesia's double disasters were found.

Hundreds were still missing after Monday's tsunami struck the remote Mentawi islands off western Sumatra, where officials were only beginning to chart the scope of the devastation. At least 311 people died as the huge wave, triggered by an undersea earthquake, washed away wooden and bamboo homes, displacing more than 20,000 people.

About1,300 kilometres to the east, the Mount Merapi volcano was mostly quiet but still a threat after Tuesday's eruption.

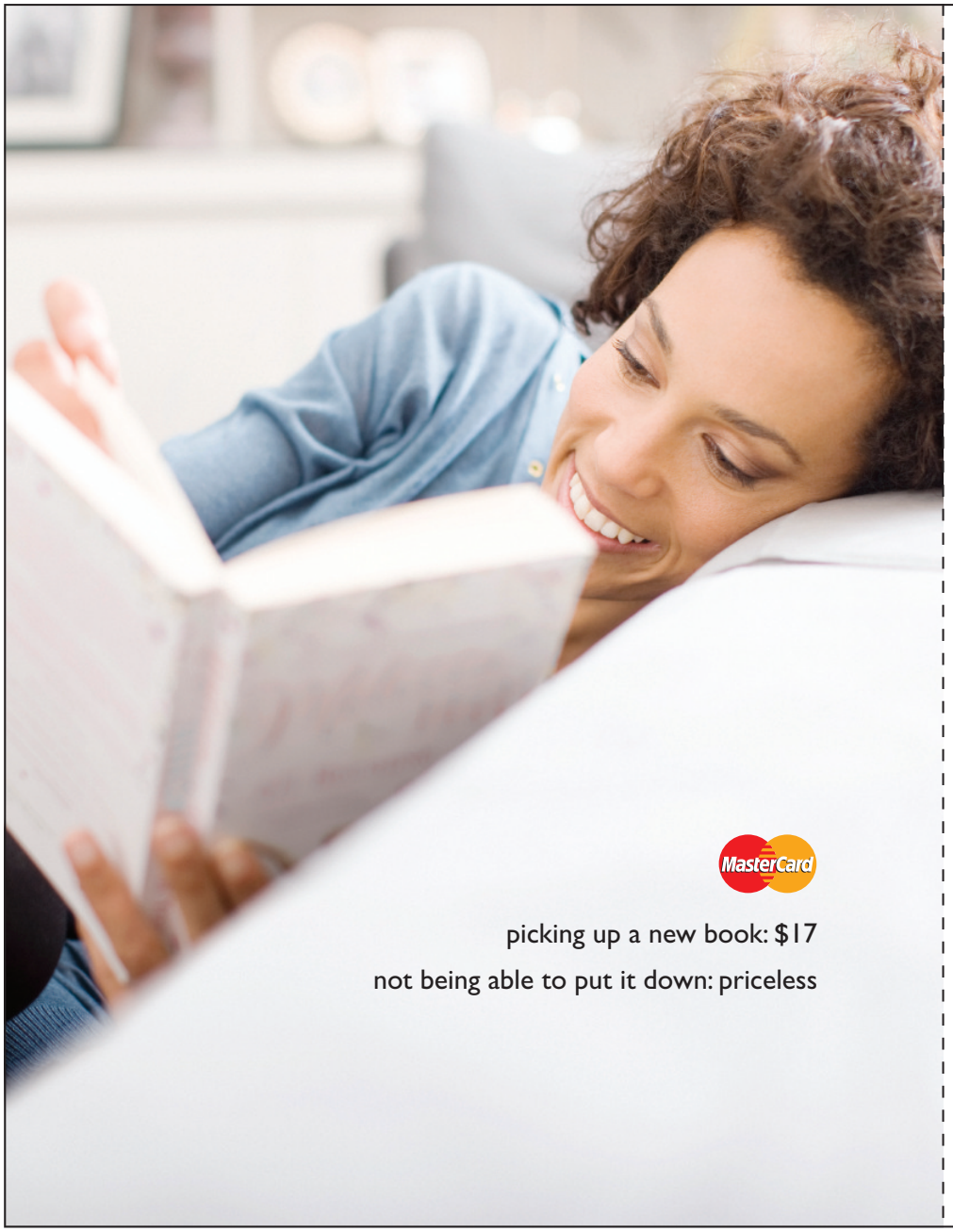
President Susilo Bambang Yudhoyono rushed from Vietnam to deal with the catastrophes, which struck within 24 hours along the Pacific "Ring of Fire," a series of fault lines prone to earthquakes and volcanic activity. THE ASSOCIATED PRESS

36K

The eruption sent thousands streaming into makeshift emergency shelters, although the ash did not disrupt flights over Indonesia. About 36,000 people have been evacuated, according to the Indonesian Red Cross.

TRISNADI/THE ASSOCIATED PRESS

▶ A rescuer stands at a village hit by pyroclastic flows from Tuesday's eruption of Mount Merapi in Kinahrejo, Indonesia, yesterday.



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Ex-hockey coach back in custody

Warrant listed 3 new complainants alleging abuse by Graham James One is former NHL star Theoren Fleury

Convicted sex offender Graham James surrendered to police at Toronto International Airport yesterday and was whisked to Winnipeg, where he has been wanted on nine charges of sexual assault.

Winnipeg police issued a short news release saying they had been conducting an investigation into complaints of "historic sexual assaults" against the former junior hockey coach. They added James was arrested "through mutual agreement" and "remains in custody."

No additional details will be released, they said.

James pleaded guilty in 1997 to hundreds of assaults on two teenage players, including former NHLer Sheldon Kennedy, and was sentenced to three and a half years in prison. He was quietly pardoned three years ago, news which caused an uproar when it was revealed by The Canadian Press earlier this year.

CBC

▶ Graham James is seen living in Mexico in this CBC screenshot from May.

The federal government has since said it would crack down on pardons. The Prime Minister's Office had no comment about yesterday's arrest.

James's last known address was in Guadalajara, Mexico, and his lawyer said last week that his client was committed to addressing the new charges.

"Mr. James, as indicated before, has been and continues to be wanting to be co-operative with authorities — and will be," Evan Roitenberg said at the time.

THE CANADIAN PRESS

Quaid's wife's status may keep couple in Canada

One-time Oscar nominee Randy Quaid and his wife were released from custody yesterday after their bizarre flight from "Hollywood star whackers" took another unexpected turn when Evi Quaid learned she is actually a Canadian citizen.

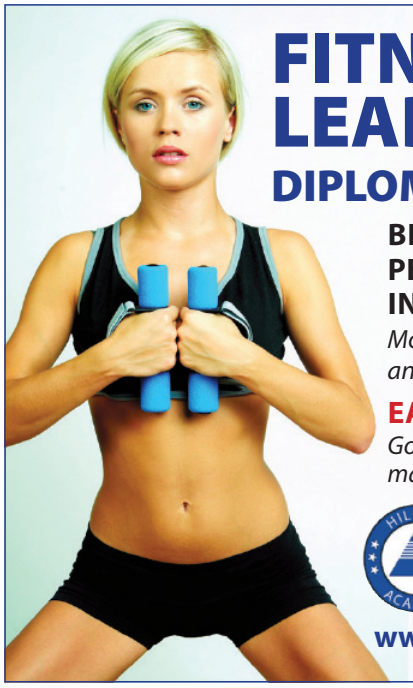
During an immigration hearing following their arrests last week the couple asked a Canadian immigration adjudicator for refugee status, saying they needed asylum from what they said in a statement were "Hollywood star whackers."

Evi Quaid repeatedly said her father was a Canadian FBI agent, a claim she explained later by saying her father was a Canadian who moved to the United States and began working for the FBI.

"She's a Canadian citizen," lawyer Catherine Sas said in an interview.

"We contacted her father, he forwarded us documentation that she is a Canadian citizen. So they withdrew all their proceedings and she can live here."

THE CANADIAN PRESS



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Market moment

PRICES AS OF 4 P.M. YESTERDAY

DOLLAR	TSX
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– 61¢ US ($81.94 US)	$3.299 (– 5.5¢)
	Gold contracts
	$1,322.60 (– $16)

Yahoo Mail gets Twitter feature

Yahoo! Inc. is updating its e-mail service to attract more users and ward off defections to Google Inc.'s Gmail and social-networking sites.

Yahoo introduced a version of e-mail yesterday that integrates posts from Twitter Inc. and delivers information at faster speeds. The new service, still in a test phase, also improves searches, spam protection and the viewing of photos.

METRO

The competition

Google built Gmail to make it easy to search for messages, rather than putting them in folders.

- **Chrome** Unlike Yahoo, Google also has its own Web browser, Chrome.
- **Mobiles** Google also encourages users to sign up for e-mail accounts on their phones.

BROADCASTING

Shaw renames Canwest assets

The broadcasting assets of Canwest Global Communications are set to emerge from creditor protection as Shaw Media, a division of Shaw Communications

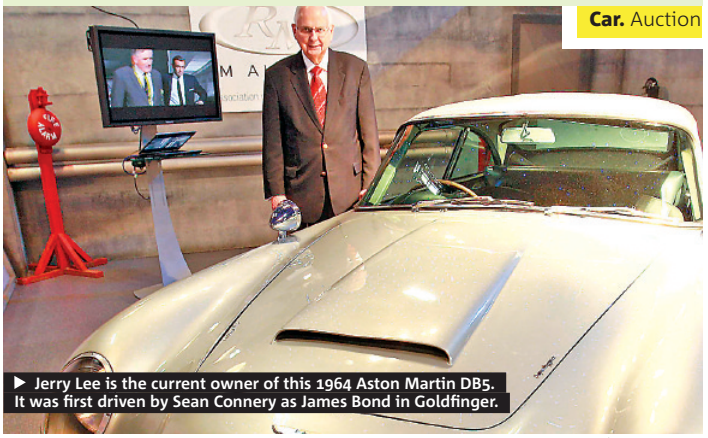
The Calgary-based cable giant purchased Canwest's conventional and specialty cable television operations for about $2-billion earlier this year and received final approval from the CRTC to complete the transaction last Friday.

Shaw is buying 11 local Global TV stations across Canada and a group of specialty channels, including Showcase, MovieTime and HGTV.

It will also get the broadcast rights to a variety of Canadian TV shows.

THE CANADIAN PRESS

Car. Auction



▶ Jerry Lee is the current owner of this 1964 Aston Martin DB5. It was first driven by Sean Connery as James Bond in Goldfinger.

ALASTAIR GRANT/THE ASSOCIATED PRESS

Bond girls not included

One of the world's most famous James Bond cars — the specially equipped silver Aston Martin first driven by Sean Connery in Goldfinger — was auctioned off yesterday in London for 2.6 million pounds ($4.2 million).

Ads shrink for mini attention spans

- **TV marketers on air more frequently with shorter ads**
- **Repetition helps beat messages into viewers' heads**

And now, a word from our sponsors. A very brief word.

TV commercials are shrinking along with attention spans and advertising budgets. The 15-second ad is increasingly common, gradually supplanting the 30-second spot just as it knocked off the full-minute pitch decades ago.

For viewers, it means more commercials in a more rapid-fire format. For advertisers, shorter commercials are a way to save some money, and research shows they hold on to more eyeballs than the longer format.

"It used to be that the most valuable thing on the planet was time, and now the most valuable thing on the planet is attention," says John Greening, associate professor at Northwestern University's journalism school and a former executive vice-president at ad agency DDB Chicago.

So instead of seeing a lengthier plot line, viewers are treated to the sight of, say, the popular "Old Spice man" riding backward on a horse through various scenes for just 15 seconds.

The number of 15-second television commercials has jumped more than 70 per cent in five years to nearly 5.5 million last year, according to Nielsen. THE ASSOCIATED PRESS

Quickie ads

A 15-second commercial is ideal to remind people of products, stores or prices, but not to introduce them.

- **Shorter stand-alone ads** Previously, 15-second ads were mostly edited versions of 30-second spots, but that's changing. Advertisers are now making shorter commercials as stand-alones.
- **Who's selling** More than half of commercials run by packaged-goods companies and 60 per cent of fast-food ads are 15 seconds.

WHAT DO YOU DO WHEN JOKE'S ON YOU?

He says ...

JOHN MAZEROLLE

When people hear I perform live comedy, they often say, "I could never do that. What if I bombed?"

Allow me to offer a recent report from the front lines. I'm still removing the shrapnel.

I bombed this week. Badly. We're talking Hiroshima, Nagasaki, and Mike Myers' The Love Guru combined. This measured on seismographs. Picture Sylvester Stallone running toward the camera in slow motion with a fiery ball of unfunny expanding behind him.

Bombing is often called dying, but it's worse than death.

In fact, a doctor once told me that I might die while I was in hospital. I faced that possibility with quiet thoughtfulness.

But when I died on stage my response was something akin to a kid who drops his ice cream cone combined with those Palestinian women you see mourning on television.

I've failed before during my seven years of performing. But it was usually with other performers and maybe lasted 10 minutes.

But this time I was the sole performer and I was performing for, give or take, all eternity.

My job was to entertain people during a fitness class while they were on the floor doing their sculpting exercises. I pretended to be The Before Guy from TV commercial fame.

This earned me vaguely sad stares — the sort of looks I expect to get 50 years from now when people are saying, "They did a good job with the corpse."

"When jokes bomb on television there's often the sound of crickets, but man, I'd have killed for a cricket. I'd have chatted it up ..."

After this 30-minute ordeal, the positive voices in my head tried to cheer me up: This schtick has worked elsewhere, a half-hour is a long time for solo improv, etc. But it was a scattered message, like the Liberal party's.

The negative voice in my head had the message discipline of Stephen Harper: "You suck," it said, over and over.

When jokes bomb on television there's often the sound of crickets, but man, I'd have killed for a cricket. I'd have chatted it up, asked where it was from, what it did for a living.

I would also have welcomed a tumbleweed. I could have left on it.

As to the question, "What would I do if I bombed?" You feel bad, like you were dumped from a minor relationship, or you lost a hockey game in overtime.

And then you get over it.

If you never leave the trench because you're afraid of bombs, you'll never win the war. Am I right?

Who's with me?

(Sound of crickets.)

Read more of John Mazerolle's columns at metronews.ca/hesays

Cartoon

MICHAEL DE ADDER

Clampdown useless: EU

Worth mentioning

European air officials accused the United States of imposing useless and overly intrusive travel security measures, calling yesterday for the Obama administration to re-examine policies ranging from online security checks to X-raying shoes.

British Airways' chairman made the first in a wave of complaints, saying in a speech to airport operators that removing shoes and taking laptops out of bags were "completely redundant" measures demanded by the U.S. He was joined less than 24 hours later by British pilots, the owner of Heathrow airport, other European airlines, and the European Union. The EU submitted formal objections to a program that requires U.S.-bound travellers from 35 nations to complete online security clearance before departure. It called the system burdensome and said it could violate travellers' privacy. The EU said the U.S. Electronic System for Travel Authorization would process some 13 million registrations from Europeans in 2009 alone. The program applies to Europeans who don't need visas to travel to the U.S.

The EU said it was "inconsistent with the often repeated commitment by the U.S. to facilitate trans-Atlantic mobility and legitimate travel and trade in a secure environment."

THE ASSOCIATED PRESS

Re-examine policies

THE ASSOCIATED PRESS FILE

Should advertised prices include taxes?

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Metro Minute with John B. Herrington

Ever wonder how it feels to walk in space, or what it's like to stare down at the Earth? Hear all about it from North America's first Native American astronaut, retired NASA Cmdr. John B. Herrington. Logging more than 300 hours in space, Herrington was the shuttle mission specialist on Endeavor and has flown in more than 30 different types of aircraft. He's delivering a free special public presentation as part of British Columbia's Year of Science. The event starts at 1:30 p.m. and is taking place at Vancouver Community College's Broadway campus, 1155 East Broadway, Building B. For more information, visit yearofsciencebc.ca.

SARAH N. FITZGERALD

CONTRIBUTED

▶ Retired NASA Cmdr. John B. Herrington will speak today at Vancouver Community College's Broadway campus.

2 scene

Scene in brief

The Force can be with you — for a price. Christie's auction house says it is selling an original Darth Vader costume from the Star Wars movie franchise. The jet-black helmet, mask and armour worn by the intergalactic villain are expected to sell for between US$250,000 and $365,000 at a sale of pop culture memorabilia next month.
THE ASSOCIATED PRESS

Museum show explores lasting influence of legendary escape artist. Scan code for story.

Jerry Springer is celebrating its 20th season Springer says the show started to get 'crazy' when he decided to bring young people on Now, the idea of a midget standing on a table to start a food fight or passionately kissing her sister doesn't seem so shocking anymore

FILE PHOTO

The former mayor of Cincinnati, Jerry Springer was a local news anchor when he was assigned to host a new talk show.

The tumultuous 20

Springer's theatre of the absurd is like video wallpaper now, as he celebrated his 20th season on the air thias week with an episode filmed in New York's Times Square that plays back some of the memorable wig-pulling, chin-smacking and turkey-tossing moments of the past.

Springer's show doesn't get high ratings, not like in the early 1990s when he briefly challenged The Oprah Winfrey Show for supremacy.

Springer infrequently stands on his show's stage, usually prowling with a microphone among audience members and acting like a ringmaster for themed programs such as Wives Battle Mistresses, Midget Holiday Hell and Guess What? I'm a Man! Transsexuals revealing their secret to dating partners.

Former U.S. Education Secretary William Bennett called talk show hosts like Springer "perpetrators of cultural rot," in a 1995 news conference aimed at cleaning up daytime TV where he was joined by U.S. Sen. Joseph Lieberman, I-Conn.

"I don't watch the show, but it's not aimed at 66-year-old men."
JERRY SPRINGER

Now Springer films his episodes in a production facility in Lieberman's hometown of Stamford, Conn.

Politicians have largely moved on from Springer. (Representatives for Bennett and Lieberman did not immediately return calls for comment.)

Many of the stations that air Springer pair his show with others hosted by Steve Wilkos, a former Springer security guard, and the colorful Maury Povich, he said.

Springer, a former mayor of Cincinnati, was a local news anchor in the same city when his station's parent company assigned him to host a new talk show. The first episode aired in September 1991.

At first, it was conventional, chasing after the same audience of middle-aged women that Oprah Winfrey owned. Springer said he made his only substantive decision on the show's future: go young.

"We decided to have young people on the stage, young people in the audience and young subject matter," he said. "Well, young people are much more open about their lives. They're much wilder, and that's when the show started to go crazy."

For the first fight — an audience member rushing the stage to confront a Ku Klux Klan member — Springer didn't even have security guards. He worried the show would be in trouble. It wasn't.

When the show's rights were first bought out, "they said from now on we're only allowed to do crazy," Springer said.

"The culture of television changed," he said. "The world didn't change. There's nothing that's ever been on any of our shows that a grownup didn't know existed. There's nothing shocking in the show. What was shocking was that we had never seen it on television before." THE ASSOCIATED PRESS

Pair of Avatar sequels planned

Cameron working on scripts for 'self-contained' stories as follow up to blockbuster Expected to be released December 2014 and December 2015

James Cameron will start writing the scripts for two Avatar sequels early next year, aiming to land the first one in theatres four years from now.

Executives at 20th Century Fox announced yesterday that Cameron has settled on two sequels to the blockbuster hit as his next film projects with plans to begin production in late 2011. The studio hopes to have the first of the as-yet-untitled sequels in theatres in December 2014, with the third movie in the franchise following in December 2015.

Cameron will decide whether to shoot the films back-to-back after he completes the scripts for the sequels to his sci-fi sensation. Set on the distant Pandora, Avatar is the biggest modern blockbuster, with $2.8 billion at the box office worldwide.

"In the second and third films, which will be self-contained stories that also fulfil a greater story arc, we will not back off the throttle of Avatar's visual and emotional horsepower, and will continue to explore its themes and characters, which touched the hearts of audiences in all cultures around the world," Cameron said in a news release.

"I'm looking forward to returning to Pandora, a world where our imaginations can run wild."

Cameron had been up in the air on what he would do next, telling reporters as recently as last week that he had not decided whether to shoot another film before returning to his Avatar saga.

The studio was anxious to get back into the Avatar business.

"We had no higher priority, and can feel no greater joy, than enabling Jim to continue and expand his vision of the world of Avatar," Fox studio bosses Jim Gianopulos and Tom Rothman said in a statement.

THE ASSOCIATED PRESS

CHARLES SYKES/THE ASSOCIATED PRESS FILE PHOTO

▶ Sacha Baron Cohen, seen here as his character Bruno, is being sued by a man saying his civil rights were violated when he tried to film Bruno at a gay marriage rally.

Cameraman says Bruno film crew roughed him up

A cameraman sued Sacha Baron Cohen on Tuesday, claiming his civil rights were violated when he was roughed up by a film crew shooting the comedian in character as Bruno during a gay marriage rally.

Mike Skiff, a self-described gay journalist, sued Baron Cohen and others involved in the 2009 film Bruno for more than $25,000 in damages for alleged physical and emotional pain and suffering.

His lawsuit claims he was shoved, pulled and threatened with wooden signs as he filmed the comedian in character as gay Austrian fashion journalist Bruno.

The lawsuit said Skiff recognized Baron Cohen during the pro-gay marriage rally in downtown Los Angeles in Nov 2, 2008, and began filming him.

Footage posted on YouTube by Skiff's company, Third Rail Media, showed the actor-comedian standing among anti-gay marriage protesters who had also assembled in the streets.

A man is heard shouting, "I know that's Bruno — I can get as much as I want," before being harangued by the crew. One portion of the video shows Skiff pulled away from Baron Cohen before police intervene.

An email sent to Baron Cohen's publicist, Matt Labov, was not immediately returned.

THE ASSOCIATED PRESS

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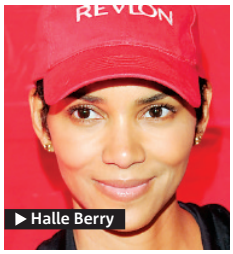
Looks like a new love for Halle Berry

Things seem to be moving quickly between Halle Berry and new boyfriend Olivier Martinez, as sources say the pair are looking into moving in together, according to Hollyscoop.

"These two are so in love, they want to spend as much time together as possible. They hate being apart, even for one night, if they can help it," a source says. "Since they both need to be in Hollywood for work, it made sense for Olivier to move in sooner rather than later. And the love the privacy of her place, although Halle says she can't waitto get to know Paris better."

METRO



▶ Halle Berry

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Charlie Sheen trashes New York hotel room

$7,000 damage · Chooses hospital over prison · Ex-wife Denise Richards was there with Sheen

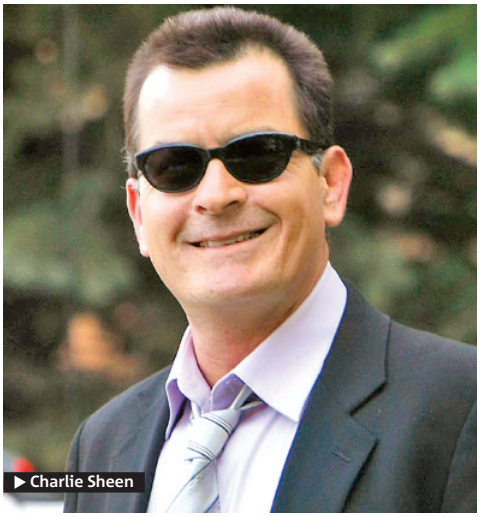
Charlie Sheen was rushed to the hospital and put under psychiatric evaluation after reportedly causing $7,000 worth of damage to a room at the Plaza hotel in New York, according to Life & Style magazine. And while some reports claim the troubled actor suffered an overdose, witnesses say he was awake when paramedics arrived.

"He was definitely awake before leaving the hotel as he made the choice to go there and not the jail," the source says. "Charlie was incoherent but started screaming slurs at the cops. They recognized him immediately and gave him two options: they could take him to the hospital or take him down to the station. Charlie chose the hospital."

Luckily, ex-wife Denise Richards was around to reportedly escort Sheen to the hospital, as the two had dined earlier that night.

"Denise had to go with the cops and leave the girls with a nanny. She looked distraught," a source says.

METRO


▶ Charlie Sheen

Talking points

Tattooed on her heart

NO SPLIT. Kat Von D is using the opportunity of her current book tour to clear up some things about her love life, including rumors that she split from Jesse James and took up with her ex-boyfriend Nikki Sixx.

"I'm not dating Nikki," she tells USA Today. "We didn't get back together. Jesse (James) and I didn't break up."

You thought he was important?

OBAMA. It seems Barack Obama has a lot of work to do if he wants to be more influential than some famous funny men, at least according to a poll conducted by Ask Men.

The website tallied over half a million votes, and the president only came in at 21 on the list, with late-night host Conan O'Brien landing at 12 and The Daily Show host Jon Stewart taking the top spot. George Clooney came in at 18, beating the president as well.

METRO

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3 life

Willow Smith's 'Whip My Hair'
We had reservations about Jada Pinkett and Will Smith's daughter with her team of two stylists and over-the-top red carpet looks. But it's impossible not to love her bumping debut single, Whip My Hair.

Rihanna
We aren't loving the Kool-Aid red color that Rihanna has been working for the past few months, fashion queen or not. METRO/KH

SCANLIFE

Affordable apparel brand Joe Fresh Style to redesign Scout Canada uniforms

Finding fashion in your costume

As far as pop culture is concerned, Halloween is like one big popularity contest. Which characters will win this year? Here are our predictions for the popular celeb costume

KENYA HUNT
STYLE@METRONEWS.CA
METRO WORLD NEWS IN LONDON

Yes there's candy corn, bobbing for apples and blah, blah, blah.

But for many, Halloween is a litmus test for which celebrities, television shows, pop cultural references and movies have gone over big this year so far. While 2010 is destined to have the usual cast of suspects haunting the streets, a few unexpected faces have gotten our creative costume juices flowing this year.

FILE

Eric Northman of True Blood

The tools: During season three, he blew past Bill The New Bad Guy Compton to become the show's most loved vampire. It doesn't hurt that he is also the hottest. (The ladies will love the new Halloween you.) He's got all of the ingredients of a costume party hit. Assembling his look is easy. Just put on a t-shirt, jeans and leather bomber jacket, all in black. The trickiest part will be nailing the make-up. You'll need to pile on lots of light foundation and experiment with eye shadow to get his pallid complexion and dark under-eye circles just right.

FILE

Joan Harris of Mad Men

The tools: Everyone's favorite drop-dead gorgeous office manager inspired a season's worth of runway trends. That should make it easy to craft your costume; the high street is filled with knockoffs of all those Harris-like tight cardigan sweaters, body-hugging dresses and knee-grazing skirts that Prada, Marc Jacobs and Louis Vuitton showed for autumn/winter '10. Oh, and don't forget the red lipstick, ginger wig and padded bra. The best part: you could conceivably wear your office-perfect Halloween costume again and again.

GETTY IMAGES

Snooki

The tools: This look is less about the clothes and more about the lack thereof. Start by gathering all of the hair spray you can find. Or save yourself the time and just buy an Elvira wig from your nearest costume shop. Next, the tan. Not just any old D.I.Y. product will do. It's got to be the darkest fake-bake-in-a-bottle you can find at the drugstore. Finally, buy a tank top, cover it in fabric glue, roll it around in glitter, and — most importantly — wear it as a dress.

GETTY IMAGES

Lady Gaga

The tools: The diva is a gold-mine when it comes to Halloween ideas. But serious costume party pros will want to be as au courant as possible, which means there's only one real option: The Meat Dress. To create this glorious wonder, you simply need to stock up on raw steak from your neighborhood butcher. (Don't go for pork or lamb, which doesn't look quite as bloody.) Find a sleeveless dress that has been cut on the bias. Break out the sewing kit and start attaching the beef to the dress. Et voilá! You are a walking PETA magnet! Happy Halloween.

GETTY IMAGES

Sleeper hit: Antoine Dodson

The tools: "He's climbing in your windows. He's snatching your people up. ...So y'all need to hide ya kids, hide ya wife!"

Sound familiar? No, this is not some tale of the bogeyman, but lyrics from Bed Intruder Song '07, the iTunes hit based on the Internet sensation that was Dodson's impassioned, cringe-inducing evening news rant against his sister's attacker (15,764,912 views and counting.) While the Dodson look appears easy, it's also the trickiest. Do's: a black tank top and a red bandana around the head.

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Trying new theory

Theory puts fashion favourite Olivier Theyskens in charge of design Brings a spark of creativity to brand

CHRISTOPHE ENA/THE ASSOCIATED PRESS

▶ Theory announces the appointment of Olivier Theyskens to the top design spot

The new theory at Theory, a brand best known for stylish, workhorse professional clothes, is to put fashion-world darling Olivier Theyskens in charge of artistic direction.

The company announced the appointment of the former Rochas and Nina Ricci designer to the top design spot on Monday.

Theyskens had already started a capsule collection as a brand collaborator for the upcoming spring season, but this deal puts him in charge of all Theory collections starting with fall 2011.

"It is really exciting to be able to offer my point of view as a designer to a brand that holds a leading role in contemporary fashion. Working on all collections of Theory as well as Theyskens' Theory will enable me to explore various design directions and express my creativity in a new and broader way," Theyskens said in a statement.Theyskens won the Council of Fashion Designers of America award for international designer of the year in 2006, and earlier this year worked with publisher Assouline and photographer Julien Claessens on "The Other Side of the Picture," a coffee-table book that showed off fashion shows from the point of view of an artistic insider.

THE ASSOCIATED PRESS

STYLE

Latifah to celebrate stylemakers

Award-winning singer and actress Queen Latifah will help pay tribute to the best and brightest of Canada's beauty industry as host of an upcoming awards ceremony.

The Golden Globe and Grammy winner will headline the P&G Beauty & Grooming Awards ceremony in Toronto on Nov. 11.

The Oscar nominee is a familiar face on the beauty landscape as a spokesmodel for CoverGirl.

The awards honour the best in the country's homegrown beauty, grooming and fashion editorial content. **CANADIAN PRESS**

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Victoria penthouses emerge as a plush yet affordable upgrade for both young and old

A touch of luxury

▶ Some shots of new penthouse homes in Victoria.

SUITE TALK

LINA TOYODA
HOME@METRONEWS.CA

In a city known for historical buildings, retirement and visiting tourists, Victoria is evolving in its flair for sophistication and cosmopolitan lifestyles.

Penthouse homes in the island capital's downtown core are emerging as a plush yet affordable upgrade for both young and old looking for the city life with a touch of luxury.

The 834 and the upscale Sovereign by Chard Developments each offer a collection of open-concept penthouse suites complete with exclusive details, high-end appliances and polished interior finishes.

"You end up with some very nice views up in the penthouses," says developer Dave Chard. "A lot of Victoria is fairly low so when you get up to that height, you've got good views of Saanich Peninsula, you can look out to the Olympic Range, the Juan de Fuca, and you can see Victoria Harbour. Those views from those vistas some days are magnificent."

Penthouse and sub-penthouse suites in the developments range from the 10th to 15th floors. Units feature large terraces that are pulled back from the building's edge, and Chard says it's a perfect opportunity for landscaping urban gardens while creating a space for entertaining guests.

"When you walk into the unit you are really wowed by the vistas and your whole living room feels large and spacious even though we're building units that are in the range from 900 to 1100 square feet at The 834," Chard says.

In order to keep the penthouses affordable, he says that efficient design was key in creating an open feeling in the spaces.

Appealing to the young and affluent, older downsizers and vacationers alike, it's a good fit for those who appreciate the prestige and prime location for easy evenings out on the town.

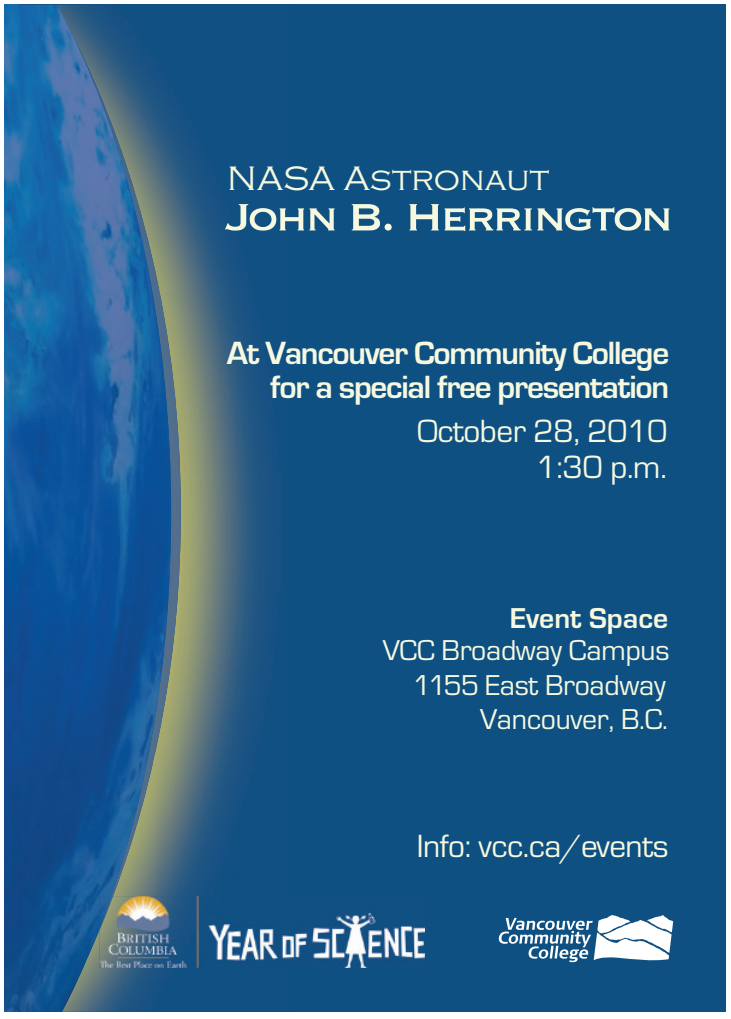
Penthouse prices at The 834 range from $469,000 to $699,000 including HST, and the suites at The Sovereign near the harbour start at $1,100,000.

"Penthouse living certainly caters to those who want to live, work and play in downtown Victoria," Chard says.

"You feel like you're looking out a castle. You're up above certainly the streets with lots of light. You just have an uplifting feel when you're up there." DAVE CHARD

Meet the condos

- **WHAT** Downtown Victoria Penthouses
- **BUILDINGS** The 834 and The Sovereign by Chard Developments
- **DESIGN** Modern design, amenities and elegance
- **LOCATION** Vibrant location, close to restaurants, galleries, theatres and boutiques
- **CONTACT** the834.com (250-382-6001); thesovereign.ca (250-383-2999)
- **SIZES** Spacious one- and two-bedroom penthouse collections
- **PRICES** $469,000 to $2,350,000 (including HST)
- **AVAILABLE** Fall 2011 and Fall 2012 completion dates



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JOAN CHANG/THE ASSOCIATED PRESS

▶ Prosciutto and cheese sandwich with pumpkin soup ($10).

the corner suite bistro de luxe offers great results with simple fare

LUNCH RUSH

JOAN CHANG
FOOD@METRONEWS.CA

This is my last review before I mosey off to Toronto, and lunches like the one I had at the corner suite bistro de luxe are just one of the reasons I'm sad to go.

The restaurant just started serving lunch, consisting of one the most simple but best executed deals in the city: Soup and a sandwich for $10. Or get beer instead of soup for the same price.

Their fixed menu changes daily. I got a pumpkin soup along with a prosciutto sandwich.

The soup was thick and smooth with a delicate, but well-seasoned, flavour.

The bistro makes much of each sandwich ingredient, and rightly so. You can distinctively taste the inclusion of lemon butter, smoky cooked prosciutto, salty aged cheddar and greens.

Service is fast and friendly, but with no one else in the dining room for most of my lunch it's hard to tell what would happen in a lunch rush.

Welcome the start of rainy season with another great lunch deal. And thanks for reading, Vancouver.

- **the corner suite bistro de luxe**
- **850 Thurlow St.**
- **604-569-3415**
- **Rating: Four globes**
- **Reservations: Available**

Cookbook offer best recipes of Chatelaine's 82-year reign

The new food editor of Chatelaine calls the magazine's latest cookbook released this month as featuring classics with a twist.

"We chose the best of all recipes from the magazine's archives," says Claire Tansey who with a roster of professional recipe testers has produced Chatelaine Modern Classics: 250 Fresh Recipes from The Chatelaine Kitchen.

Tansey, 35, a professional chef, writer, restaurant critic and product developer, took over the post of food editor early this year, replacing longtime editor Monda Rosenberg who retired in 2009.

She says that in any given year Chatelaine Kitchen develops and tests over 500 recipes for the nearly four million readers of the 82-year-old Canadian women's magazine.

"I would say there has been a shift in what people have in their pantries in the last 10 years."
CHATELAINE FOOD EDITOR CLAIRE TANSEY

"And the team working on the book found the recipes that really stood out were the ones that are relevant to women's busy lives," Tansey notes.

"Something like coconut milk can be a staple now and people are so familiar with Thai and Indian cuisine it's just normal."

The book has 170 stunning colour photographs and recipes such as pistachio-crusted salmon and sticky toffee pudding with caramel, as well as party-planning tips, menus and drink suggestions.

THE ASSOCIATED PRESS

Recipe: Elegant pork tenderloin

Preparation:

1. Cut tenderloin almost through lengthwise; open like a book. Place plastic wrap on top and under tenderloin; pound with rolling pin to flatten to even thickness. Set aside.
2. In a medium saucepan or skillet, cook bacon and onion over medium-high heat until tender and browned. Stir in breadcrumbs, apple, walnuts, cranberries and sage. Moisten slightly with up to 50 ml (1/4 cup) broth until mixture holds together when pressed. Season with salt, pepper and more sage to taste.
3. Place tenderloin, smooth side down, on work surface. Press filling along length of centre third; roll meat around filling to enclose completely. Tie with string at 4-cm (1 1/2-inch) intervals. (Can be wrapped in plastic wrap and refrigerated overnight at this point.)
4. Place, seam-side-down, in lightly greased baking dish. Brush with oil. Sprinkle with pepper to taste. Roast in a 180 C (350 F) oven for 45 minutes until meat thermometer inserted in centre registers 71 C (160 F) or until juices run clear when pork is pierced and just a hint of pink remains inside.
5. Let stand for 10 minutes slice into 2-cm slices.

THE ASSOCIATED PRESS

Ingredients :

- 1 pork tenderloin (625g)
- 2 slices bacon, chopped
- 75 ml diced onion
- 175 ml dry seasoned breadcrumbs
- 1 apple, peeled, cored and chopped
- 75 ml chopped toasted walnuts
- 75 ml fresh or frozen cranberries, halved if large
- 5 ml chopped fresh sage leaves or 2 ml dried
- Chicken broth or water
- Salt and pepper
- 30 ml olive oil

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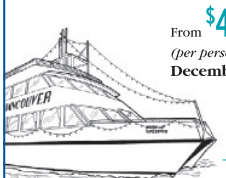

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Pitchers' duel? Not this game

DAVID J. PHILLIP/THE ASSOCIATED PRESS

▶ Freddy Sanchez of the San Francisco Giants hits an RBI double during last night's World Series opener against the Texas Rangers.

- Lee battered in Series opener
- Sanchez leads San Francisco bats

GIANTS	RANGERS
11	7

The San Francisco Giants turned the World Series opener into an extra-long round of batting practice against Cliff Lee and the Texas Rangers.

Freddy Sanchez sprayed balls down the lines. Cody Ross and Aubrey Huff hit line drives up the middle. Juan Uribe launched a shot far, far over the wall.

So much for the unbeatable Mr. Lee.

The Giants battered him and the bullpen, with Sanchez hitting three doubles and keying a six-run burst in an 11-7 romp last night that looked even more lopsided.

What shaped up as a pitchers' duel between Tim Lincecum and Lee quickly deteriorated into a rout. By the end, the Rangers played like the World Series rookies they are — they made four errors, Ian Kinsler took a mistaken turn around first base and manager Ron Washington may have waited too late to pull his ace.

"It wasn't quite the game we thought it would be," Giants manager Bruce Bochy said. "Great pitchers, sometimes they're a little bit off."

Former Giants slugger Barry Bonds had plenty to cheer for from his seat next to the San Francisco dugout, especially when a tie game suddenly became an 8-2 thumping in the fifth inning. Rangers president and part-owner Nolan Ryan sat there glumly in a suit and tie, his prized pitcher a wreck.

Down early 2-0 to Lee, the Giants swung things in their favour in a hurry.

"We know he throws a lot of strikes," Sanchez said. "We know he's one of the best pitchers in the game, especially in the post-season. We just wanted to attack him early."

THE ASSOCIATED PRESS

4 sports

Up and down

Jose Molina
The Toronto Blue Jays have picked up the option on the catcher's contract. The $1.2-million US option will take him through the 2011 season.

Lance Berkman
The Yankees declined their 2011 option on the first baseman-designated hitter.

NHL

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Tampa Bay	9	6	2	1	0	32	30	13	3-1-1-0	3-1-0-0	6-2-1-0	W1
d-Montreal	9	6	2	1	0	25	21	13	3-1-1-0	3-1-0-0	6-2-1-0	W3
d-Pittsburgh	10	5	4	1	0	30	25	11	2-3-0-0	3-1-1-0	5-4-1-0	L2
Washington	9	6	3	0	0	25	21	12	4-1-0-0	1-3-0-0	6-3-0-0	W2
Toronto	8	5	2	1	0	23	19	11	3-1-1-0	2-1-0-0	5-2-1-0	W1
NY Islanders	9	4	3	1	1	26	23	10	2-0-0-1	2-3-1-0	4-3-1-1	L2
NY Rangers	8	4	3	1	0	28	24	9	1-2-1-0	3-1-0-0	4-3-1-0	L1
Atlanta	9	4	4	1	0	29	33	9	1-2-0-0	3-2-1-0	4-4-1-0	W1
Philadelphia	9	4	4	1	0	25	24	9	3-3-0-0	1-1-1-0	4-4-1-0	W1
Boston	6	4	2	0	0	18	11	8	1-2-0-0	3-0-0-0	4-2-0-0	L1
Carolina	8	4	4	0	0	21	23	8	1-1-0-0	3-3-0-0	4-4-0-0	L1
Ottawa	9	3	5	1	0	21	28	7	2-2-0-0	1-3-1-0	3-5-1-0	W1
Buffalo	10	3	6	1	0	27	30	7	0-4-1-0	2-3-0-0	3-5-1-0	L1
Florida	7	3	4	0	0	18	15	6	2-1-0-0	1-3-0-0	3-4-0-0	L1
New Jersey	10	2	7	1	0	17	35	5	0-4-1-0	2-3-0-0	2-7-1-0	L3

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Nashville	8	5	0	3	0	21	17	13	2-0-3-0	3-0-0-0	5-0-3-0	W2
d-Los Angeles	9	6	3	0	0	26	22	12	3-0-0-0	3-3-0-0	6-3-0-0	L1
d-Calgary	9	6	3	0	0	26	21	12	4-1-0-0	2-2-0-0	6-3-0-0	W3
Chicago	11	6	4	1	0	32	29	13	4-3-0-0	2-1-1-0	6-4-1-0	W1
Detroit	7	5	1	0	1	23	18	11	3-0-0-1	2-1-0-0	5-1-0-1	W4
St. Louis	7	4	1	1	1	19	14	10	4-0-0-0	0-1-1-1	4-1-1-1	W2
Dallas	8	5	3	0	0	26	22	10	2-2-0-0	3-1-0-0	5-3-0-0	L2
Columbus	8	5	3	0	0	20	22	10	3-2-0-0	2-1-0-0	5-3-0-0	W2
Vancouver	9	4	3	0	2	24	24	10	4-0-0-1	0-3-0-1	4-3-0-2	W2
San Jose	8	4	3	1	0	24	23	9	2-2-0-0	2-1-1-0	4-3-1-0	W1
Colorado	9	4	4	1	0	25	29	9	1-2-0-0	3-2-1-0	4-4-1-0	L3
Anaheim	10	4	5	0	1	26	35	9	2-0-0-1	2-5-0-0	4-5-0-1	W1
Minnesota	8	3	3	0	2	23	23	8	2-2-0-1	1-1-0-1	3-3-0-1	L2
San Jose	7	3	3	1	0	19	21	7	1-2-0-0	2-1-1-0	3-3-1-0	L1
Phoenix	8	2	3	3	0	21	29	7	1-1-2-0	1-2-1-0	2-3-3-0	L3

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's results
Atlanta 6 N.Y. Rangers 4
Washington 3 Carolina 0
Montreal 5 N.Y. Islanders 3
Tampa Bay 5 Pittsburgh 3
Chicago 3 Los Angeles 1
San Jose 5 New Jersey 2
Tuesday's results
Anaheim 5 Dallas 2
Calgary 5 Edmonton 4 (SO)
Ottawa 5 Phoenix 2
Philadelphia 6 Buffalo 3
Toronto 3 Florida 1
Vancouver 4 Colorado 3 (OT)
Tonight's games
(All times Eastern)
Toronto at Boston, 7 p.m.
Phoenix at Detroit, 7 p.m.
Edmonton at Columbus, 7 p.m.
Florida at Ottawa, 7:30 p.m.
St. Louis at Nashville, 8 p.m.
Washington at Minnesota, 8 p.m.
Los Angeles at Dallas, 8:30 p.m.
Colorado at Calgary, 9 p.m.

CANADIENS 5, ISLANDERS 3

First period
1. Montreal, Darche 1 (Halpern, Subban) 13:19
2. Montreal, Moen 1 (Plekanec, Gill) 17:54 (sh)
3. NY Islanders, Wisniewski 2 (Weight) 19:16 (pp)
Penalties — Hillen NYI (interference) 3:32, Hamrlik Mtl (interference) 7:48, Subban Mtl (roughing) 17:32.
Second period
4. Montreal, Plekanec 4 (Kostitsyn, Hamrlik) 7:33
Penalties — Moen Mtl (boarding) 8:43, Konopka NYI, Moen Mtl (fighting) 10:48, Bailey NYI (slashing) 14:31, Spacek Mtl (high-sticking) 18:41.
Third period
5. NY Islanders, Tavares 6 (Wisniewski) 0:13 (pp)
6. Montreal, Halpern 3 (Pouliot, Price) 6:56
7. NY Islanders, Weight 2 (Wisniewski, Hillen) 12:56
8. Montreal, Kostitsyn 6 18:58 (en)
Penalties — Bailey NYI (goaltender interference) 10:23.
Missed penalty shot — Pouliot Mtl 7:11.
Shots on goal by:

NY Islanders	7	8	6	21
Montreal	14	9	11	34

Goal — NY Islanders: Roloson (L,2-2-0). Montreal: Price (W,6-2-1) **Power plays** — NY Islanders: 2-4. Montreal: 0-3.
Att. — 21,273 at Montreal.

SCORING LEADERS

	G	A	PT
Stamkos, TB	8	7	15
Getzlaf, Ana	3	10	13
D.Sedin, Vcr	7	5	12
B.Richards, Dal	3	9	12
Sharp, Chi	8	3	11
Hossa, Chi	7	4	11
Crosby, Pgh	6	5	11
Roy, Buf	5	6	11
C.Stewart, Col	5	6	11
Liles, Col	0	11	11
H.Sedin, Vcr	0	11	11
Alfredsson, Ott	5	5	10
Selanne, Ana	5	5	10
Perry, Ana	4	6	10
Zetterberg, Det	3	7	10
Kessel, Tor	7	2	9
Horton, Bos	5	4	9
Hejduk, Col	4	5	9
Ryan, Ana	4	5	9
P.Stastny, Col	4	5	9
Cullen, Minn	3	6	9
Morrison, Cal	3	6	9
St. Louis, TB	3	6	9
Bertuzzi, Det	2	7	9
M.Koivu, Minn	2	7	9
R.Bourque, Cal	6	2	8
Briere, Pha	6	2	8
MacArthur, Tor	6	2	8
Kostitsyn, Mtl	5	3	8
Semin, Wash	5	3	8
Neal, Dal	4	4	8
Ovechkin, Wash	4	4	8
Kopitar, LA	3	5	8
Ladd, Atl	3	5	8
Malkin, Pgh	3	5	8
Duchene, Col	2	6	8
Letang, Pgh	2	6	8
Parenteau, NYI	2	6	8
Kopecky, Chi	1	7	8
Lidstrom, Det	1	7	8
Oshie, StL	1	7	8
Visnovsky, Ana	1	7	8
Wisniewski, NYI	1	7	8
Ribeiro, Dal	0	8	8
Whitney, Edm	0	8	8

Not including last night's games

MLB

2010 POSTSEASON

WORLD SERIES

(All times Eastern)
(San Francisco leads series 1-0)
Last night's result
San Francisco 11 Texas 7
Tonight's game
Texas (Wilson 15-8) at San Francisco (Cain 13-11), 7:57 p.m.
Saturday's game
San Francisco (Sanchez 13-9) at Texas (Lewis 12-13), 6:57 p.m.
Sunday's game
San Francisco (Bumgarner 7-6) at Texas (Hunter 13-4), 8:20 p.m.

GIANTS 11, RANGERS 7

Texas	ab	r	h	bi	San Francisco	ab	r	h	bi
Andrus ss	3	2	1	1	ATorrs cf	4	2	1	0
MYong 3b	4	0	0	0	FSnchz 2b	5	2	4	3
JHmltn cf	4	1	0	0	Posey c	5	0	1	1
Guerrr rf	4	0	1	2	Burrell lf	3	1	0	0
N.Cruz lf	5	0	1	2	Schrhlt rf	1	0	1	1
Kinsler 2b	4	1	1	0	C.Ross rf-lf	5	1	1	1
BMolin c	4	2	2	1	A.Huff 1b	4	1	3	1
Morlnd 1b	3	0	2	0	RRmrz p	0	0	0	0
Cantu ph-1b	1	0	0	0	Affeldt p	0	0	0	0
CLee p	2	0	1	0	BrWlsn p	0	0	0	0
O'Day p	0	0	0	0	Uribe 3b	4	1	1	3
DvMrp ph	1	0	1	1	Renteri ss	3	2	1	0
Ogando p	0	0	0	0	Lincm p	3	0	0	0
MLowe p	0	0	0	0	SCasill p	0	0	0	0
Kirkmn p	0	0	0	0	Romo p	0	0	0	0
Borbon ph	1	1	1	0	JaLopz p	0	0	0	0
Ishikaw ph-1b	1	1	1	1					
Totals	**36**	**7**	**11**	**7**	**Totals**	**38**	**11**	**14**	**11**
Texas					**110**	**002**	**003**	**7**	
San Francisco					**002**	**060**	**03x**	**11**	

E—Guerrero 2 (2), M.Young (1), Andrus (1), A.Huff (1), Ishikawa (1). DP—Texas 1, San Francisco 1. LOB—Texas 8, San Francisco 6. 2B—N.Cruz (1), B.Molina (1), Moreland (1), Cl.Lee (1), A.Torres (1), F.Sanchez 3 (3), A.Huff (1), Ishikawa (1). HR—Uribe (1). CS—A.Huff (1). SF—Andrus, Guerrero.

	IP	H	R	ER	BB	SO
Texas						
Cl.Lee L,0-1	4 2-3	8	7	6	1	7
O'Day	1-3	1	1	1	0	1
Ogando	2	1	0	0	0	4
M.Lowe	2-3	3	3	3	0	0
Kirkman	1-3	1	0	0	0	0
San Francisco						
Lincecum W,1-0	5 2-3	8	4	4	2	3
S.Casilla H,1	1 1-3	0	0	0	0	1
Romo	2-3	1	0	0	0	1
Ja.Lopez	1-3	0	0	0	0	0
R.Ramirez	1-3	1	2	2	1	0
Affeldt	0	0	1	1	1	0
Br.Wilson	2-3	1	0	0	0	0

T—3:36. A—43,601 (41,915) at San Francisco.

TRANSACTIONS

BASEBALL

MLB

AMERICAN LEAGUE
NEW YORK YANKEES — Exercised their 2011 contract option on RHP Andrew Brackman. Declined to exercise 2011 contract options on INF/OF Lance Berkman, DH/1B Nick Johnson and RHP Kerry Wood.

BASKETBALL

NBA

NEW ORLEANS HORNETS — Exercised their fourth-year contract option on G Jerryd Bayless.

FOOTBALL

NFL

CAROLINA PANTHERS — Placed LB Jamar Williams on injured reserve. Signed LB Abdul Hodge.
NEW YORK JETS — Signed DT Jarron Gilbert from the practice squad. Signed CB Will Billingsley to the practice squad.
ST. LOUIS RAMS — Signed S Michael Lewis. Placed DT Clifton Ryan on injured reserve. Signed CB Quincy Butler and LB David Dixon to the practice squad. Released LB Curtis Johnson from the practice squad.

HOCKEY

NHL

ATLANTA THRASHERS — Reassigned LW Michael Forney from Chicago (AHL) to Gwinnett (ECHL).

SOCCER

MLS PLAYOFFS

EASTERN CONFERENCE

(All times Eastern)
New York vs. San Jose
Saturday's game
First Leg
New York at San Jose, 10 p.m.
Columbus vs. Colorado
Tonight's game
First Leg
Columbus at Colorado, 9 p.m.

WESTERN CONFERENCE

Los Angeles vs. Seattle
Sunday's game
First Leg
Los Angeles at Seattle, 8 p.m.
Real Salt Lake vs. FC Dallas
Saturday, Oct. 30
First Leg
Real Salt Lake at Dallas, 5 p.m.

ENGLAND

LEAGUE CUP

Fourth Round
Yesterday's results
Aston Villa 2, Burnley 1 (extra time)
Newcastle 0, Arsenal 4
West Ham 3, Stoke 1 (extra time)

SCOTLAND

LEAGUE CUP

Quarter-finals
Yesterday's results
St. Johnstone 2, Celtic 3
Kilmarnock 0, Rangers 2

FRANCE

LEAGUE CUP

Last 16
Yesterdaya's results
Guingamp 0, Marseille 1
Lille 4, Caen 1
Auxerre 4, Bastia 0
Lyon 1, Paris Saint-Germain 2 (extra time)

GERMANY

GERMAN CUP

Yesterday's results
Hallescher FC 0, Duisburg 3
Eintracht Frankfurt 5, Hamburger SV 2
Hoffenheim 1, Ingolstadt 0
Alemannia Aachen 2, Mainz 1
Kickers Offenbach 0, Borussia Dortmund 0 (Offenbach wins 4-2 on penalties)
Elversberg 0, Nuremberg 3
Chemnitz 1, Stuttgart 3 (extra time)
Borussia Moenchengladbach 1, Bayer Leverkusen 1 (Moenchengladbach wins 5-4 on penalties)

ITALY

ITALIAN CUP

Third Round
Yesterdays' results
Frosinone 2, Reggina 4, OT
Udinese 4, Padova 0
Vicenza 1, Ascoli 0
Atalanta 0, Livorno 1
Cesena 1, Novara 3, OT
Bologna 3, Modena 2
Brescia 1, Cittadella 0
Cagliari 3, Piacenza 0
Crotone 0, Albinleffe 1
Catania 4, Varese 3, OT
Lecce 3, Siena 2
Lazio 3, Portogruaro 0

SPAIN

COPA DEL REY

Fourth Round
First Leg
Yesterday's results
Real Union 0, Sevilla 4
Logrones 0, Valencia 3
Hercules 0, Malaga 0
Mallorca 3, Sporting Gijon 1
Poli Ejido 1, Villarreal 1
Portugalete 1, Getafe 1
Xerez 2, Levante 3
Cordoba 2, Racing Santander 0
Valladolid 0, Espanyol 2
Real Betis 0, Zaragoza 1
Universidad de Las Palmas 0, Atletico Madrid 5

NBA

EASTERN CONFERENCE

ATLANTIC DIVISION	W	L	Pct	GB
New Jersey	1	0	1.000	—
New York	1	0	1.000	—
Boston	1	1	.500	½
Philadelphia	0	1	.000	1
Toronto	0	1	.000	1

SOUTHEAST DIVISION	W	L	Pct	GB
Atlanta	1	0	1.000	—
Miami	1	1	.500	½
Orlando	0	0	.000	½
Washington	0	0	.000	½
Charlotte	0	1	.000	1

CENTRAL DIVISION	W	L	Pct	GB
Cleveland	1	0	1.000	—
Chicago	0	1	.000	1
Detroit	0	1	.000	1
Indiana	0	1	.000	1
Milwaukee	0	1	.000	1

WESTERN CONFERENCE

SOUTHWEST DIVISION	W	L	Pct	GB
Dallas	1	0	1.000	—
New Orleans	1	0	1.000	—
San Antonio	1	0	1.000	—
Memphis	0	1	.000	1
Houston	0	2	.000	1½

NORTHWEST DIVISION	W	L	Pct	GB
Denver	1	0	1.000	—
Oklahoma City	1	0	1.000	—
Portland	1	0	1.000	—
Minnesota	0	1	.000	1
Utah	0	1	.000	1

PACIFIC DIVISION	W	L	Pct	GB
Golden State	1	0	1.000	—
L.A. Lakers	1	0	1.000	—
Sacramento	1	0	1.000	—
L.A. Clippers	0	0	.000	½
Phoenix	0	1	.000	1

Last night's results
New York 98, Toronto 93
Cleveland 95, Boston 87
New Jersey 101, Detroit 98
Miami 97, Philadelphia 87
Atlanta 119 Memphis 104
Sacramento 117 Minnesota 116
New Orleans 95 Milwaukee 91
Oklahoma City 106 Chicago 95
Dallas 101 Charlotte 86
San Antonio 122 Indiana 109
Denver 110, Utah 88
Golden State 132 Houston 128
Portland at L.A. Clippers
Tuesday's results
Boston 88 Miami 80
L.A. Lakers 112 Houston 110
Portland 106 Phoenix 92

KNICKS 98, RAPTORS 93

NEW YORK (98)
Gallinari 3-9 4-4 12, Stoudemire 7-16 5-6 19, Mozgov 0-1 0-0 0, Felton 6-14 2-2 15, Fields 4-8 0-0 11, Chandler 10-18 1-2 22, Douglas 5-9 0-0 10, Turiaf 3-4 2-2 8, Walker 0-6 0-0 0, Mason 0-3 1-1 1. Totals 38-88 15-17 98.
TORONTO (93)
Kleiza 5-12 3-3 13, Evans 0-2 0-0 0, Bargnani 8-21 5-8 22, Jack 7-15 2-4 16, DeRozan 2-7 5-6 9, Barbosa 6-16 0-0 13, Calderon 2-8 0-0 4, Johnson 1-1 0-0 2, Weems 2-6 2-2 6, Andersen 3-6 1-1 8. Totals 36-94 18-24 93.

New York	29	22	23	24	98
Toronto	22	25	25	21	93

3-Point Goals—New York 7-24 (Fields 3-6, Gallinari 2-5, Chandler 1-3, Felton 1-4, Mason 0-1, Walker 0-2, Douglas 0-3), Toronto 3-10 (Bargnani 1-1, Andersen 1-1, Barbosa 1-2, Calderon 0-1, DeRozan 0-1, Kleiza 0-1, Weems 0-1, Jack 0-2). Fouled Out—None. Rebounds—New York 53 (Stoudemire 10), Toronto 63 (Evans 16). Assists—New York 12 (Felton 6), Toronto 20 (Calderon 7). Total Fouls—New York 23, Toronto 20. Technicals—Calderon. Flagrant Fouls—Andersen.
A—18,722 (19,800) Toronto

NFL

AMERICAN CONFERENCE

EAST	W	L	T	Pct	PF	PA
N.Y. Jets	5	1	0	.833	159	101
New England	5	1	0	.833	177	136
Miami	3	3	0	.500	111	135
Buffalo	0	6	0	.000	121	198
SOUTH						
Tennessee	5	2	0	.714	199	117
Houston	4	2	0	.667	153	167
Indianapolis	4	2	0	.667	163	125
Jacksonville	3	4	0	.429	130	209
NORTH						
Pittsburgh	5	1	0	.833	137	82
Baltimore	5	2	0	.714	149	129
Cincinnati	2	4	0	.333	132	141
Cleveland	2	5	0	.286	118	142
WEST						
Kansas City	4	2	0	.667	150	112
Oakland	3	4	0	.429	179	165
San Diego	2	5	0	.286	177	149
Denver	2	5	0	.286	138	199

NATIONAL CONFERENCE

EAST	W	L	T	Pct	PF	PA
N.Y. Giants	5	2	0	.714	175	153
Washington	4	3	0	.571	130	133
Philadelphia	4	3	0	.571	172	157
Dallas	1	5	0	.167	137	152
SOUTH						
Atlanta	5	2	0	.714	169	133
Tampa Bay	4	2	0	.667	98	128
New Orleans	4	3	0	.571	147	138
Carolina	1	5	0	.167	75	130
NORTH						
Chicago	4	3	0	.571	126	114
Green Bay	4	3	0	.571	167	136
Minnesota	2	4	0	.333	111	116
Detroit	1	5	0	.167	146	140
WEST						
Seattle	4	2	0	.667	120	107
Arizona	3	3	0	.500	98	160
St. Louis	3	4	0	.429	120	131
San Francisco	1	6	0	.143	113	162

WEEK 8

Byes: N.Y. Giants, Philadelphia, Chicago, Atlanta, Baltimore, Cleveland
Sunday's games
(All times Eastern)
Denver vs. San Francisco at London, 1 p.m.
Washington at Detroit, 1 p.m.
Buffalo at Kansas City, 1 p.m.
Carolina at St. Louis, 1 p.m.
Miami at Cincinnati, 1 p.m.
Jacksonville at Dallas, 1 p.m.
Green Bay at N.Y. Jets, 1 p.m.
Tennessee at San Diego, 4:05 p.m.
Minnesota at New England, 4:15 p.m.
Seattle at Oakland, 4:15 p.m.
Tampa Bay at Arizona, 4:15 p.m.
Pittsburgh at New Orleans, 8:20 p.m.
Monday's game
Houston at Indianapolis, 8:30 p.m.

CFL

WEEK 18

EAST DIVISION	GP	W	L	T	PF	PA	Pt
y-Montreal	16	11	5	0	480	415	22
x-Hamilton	16	9	7	0	436	372	18
x-Toronto	16	8	8	0	313	401	16
Winnipeg	16	4	12	0	419	434	8
WEST DIVISION							
y-Calgary	16	11	5	0	536	403	22
x-Saskatchewan	16	9	7	0	449	442	18
Edmonton	16	6	10	0	343	501	12
B.C.	16	6	10	0	420	428	12

x — clinched playoff berth.
y — clinched division title.
Tomorrow's games
(All times Eastern)
Montreal at Toronto, 7 p.m.
Hamilton at Calgary, 10 p.m.
Saturday's game
Winnipeg at Edmonton, 7 p.m.
Sunday's game
Saskatchewan at B.C., 5 p.m.

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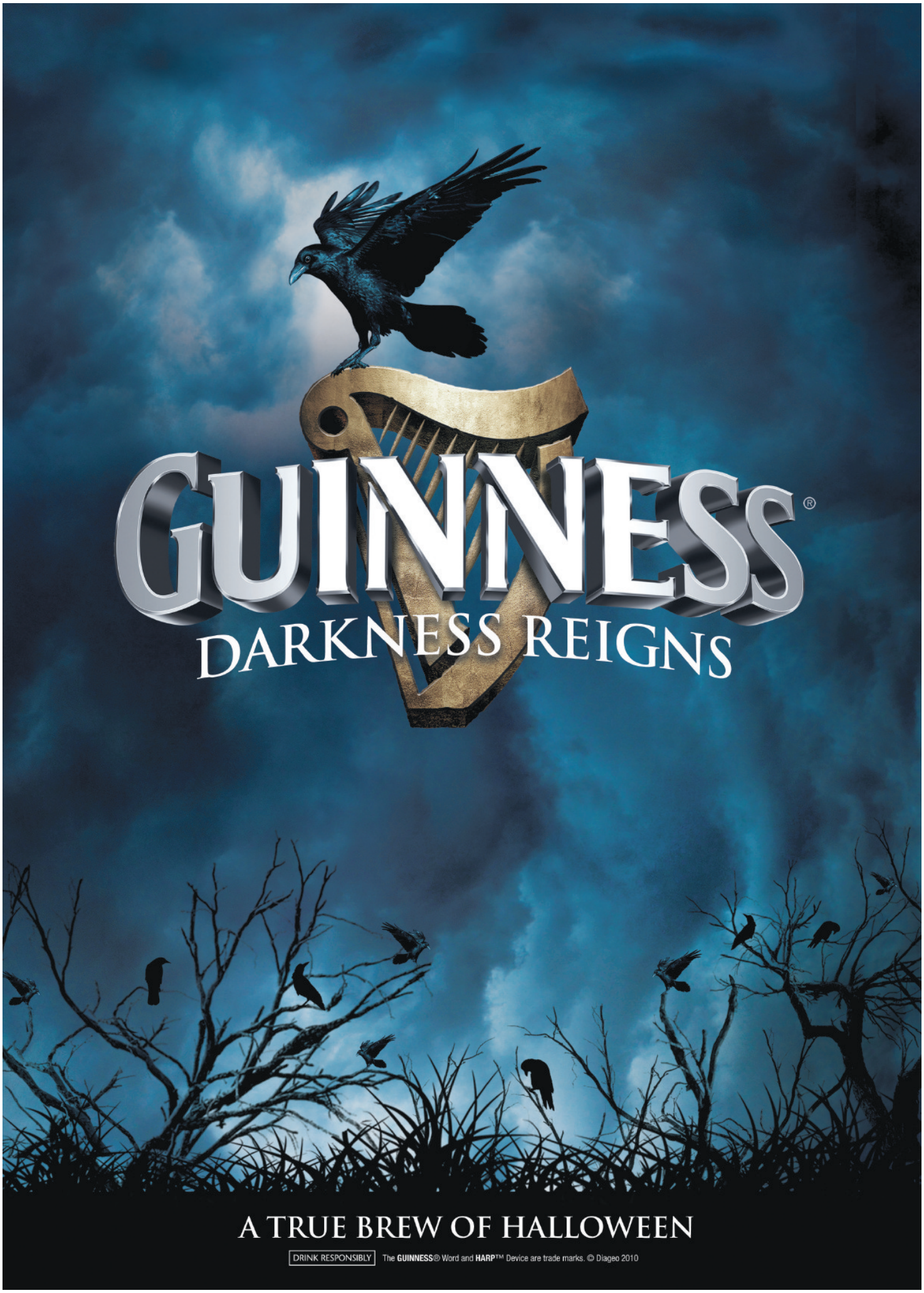
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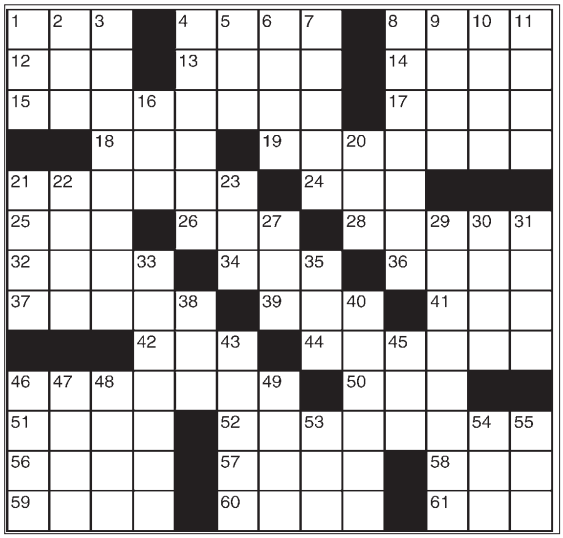
Crossword



Across

1 Chic, 1960s style
4 Bypass
8 Blossom supporter
12 Pod occupant
13 Judy's daughter
14 Possess
15 Football field
17 Neighbourhood
18 Proof abbr.
19 Baseball field, in part
21 Tap
24 Coffee vessel
25 Kyoto cummerbund
26 Put into words
28 Formal wear
32 Lima's land
34 Crazy
36 Canton's home
37 Move furtively
39 Tavern
41 Under the weather
42 Round Table address
44 Caught in the act
46 Jai alai venue
50 Barracks bed
51 Emanation
52 Holes 10-18, in golf
56 Layer
57 Garfield's foil
58 Listener
59 Organic compound
60 Small pie
61 "Catcher in the —"

Down

1 Fuel economy stat
2 "— the fields we go ..."
3 Rum cocktail
4 Microscope accessories
5 White wine aperitif
6 Preppy shirt brand
7 Mass hysteria
8 Hair salon request
9 Poi base
10 Tied
11 Anthropologist Margaret
16 Four mos. after 20-Down
20 See 16-Down
21 Dandies
22 First victim
23 Scot's chapeau
27 Shrill bark
29 California college
30 Cleo's river
31 Auctioneer's call
33 Straighten out, as a phone cord
35 Work on the soundtrack
38 DIY buy
40 Pail
43 Automaton
45 Trinity member
46 Destiny
47 Destruction
48 Sandwich cookie
49 Zilch (Sp.)
53 Round fig.
54 Aye undoer
55 Prior to

▶ Yesterday's answer

F	A	D	■	A	B	U	T	■	B	A	R	E
I	T	A	■	P	A	R	A	■	A	L	U	M
D	O	Z	■	P	R	I	M	E	R	I	B	S
O	M	E	G	A	■	■	E	L	K	■	■	■
■	■	■	E	R	A	S	■	M	E	D	I	C
C	R	I	M	E	L	A	B	■	R	I	C	O
A	E	C	■	L	O	H	A	N	■	D	O	N
S	L	A	M	■	T	I	M	E	Z	O	N	E
S	Y	N	O	D	■	B	A	S	E	■	■	■
■	■	■	L	E	I	■	■	T	E	X	A	S
D	I	M	E	N	O	V	E	L	■	R	U	T
I	D	E	S	■	W	A	V	E	■	A	T	E
D	O	N	T	■	A	C	E	D	■	Y	O	M

Sudoku

			1	5				4
5		9		8		6		
					9			5
	9	2	8	4		1		
		8				3		
		6		3	5	2	7	
1			2					
		3		6		4		2
2				9	3			

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

2	1	5	4	3	7	8	6	9
4	8	3	9	6	2	5	7	1
7	6	9	8	5	1	2	4	3
6	9	4	2	8	5	3	1	7
1	7	2	6	4	3	9	5	8
3	5	8	7	1	9	6	2	4
5	4	1	3	2	8	7	9	6
9	3	6	5	7	4	1	8	2
8	2	7	1	9	6	4	3	5

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

Happy 25th birthday Chris! I hope your day rocks! You're the BEST boyfriend a girl can ask for. I love you so much!
LOVE, SQUITTE XO

Mamusea, I love You so much! You are the Best Mom in the world! May all Your dreams come true!!! Wish You lots of love and happiness!!!
YOUR DAUGHTER

To my sweet Magnum-O: I love you very much and I'm so proud of how far we've come! Happy Anniversary Baby! Kisses and hugs, all day, every day, no problem! ;-)
LOVE, HEPPIE

Taylor, I've never been happier. I love you and I'm so glad I'm carrying our precious little one! Thanks for being the only one I will ever want. Love always,
AMANDA-LYNN

Today 11°/8° Showers 90%
Friday 11°/9° Showers

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Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 The bigger the challenge the more you like it and with Mars making the best possible angle to your sign this week you feel you could take on the world and win. Maybe you can, but why so drastic?

♉ Taurus April 21-May 21 An offer may look attractive but do you know for certain what it's all about and can you be sure that the people you will be dealing with won't cheat you at some stage?

♊ Gemini May 22-June 21 You need to be more assertive, especially when dealing with people who think they can bully you into doing whatever it is that pleases them. You must stand up for yourself.

♋ Cancer June 22-July 22 If there are certain areas of your lifestyle that you feel are not as ordered or as efficient as they could be then start making changes. You may think you lack discipline but you don't.

♌ Leo July 23-Aug.23 Life is good and getting better by the minute and if you don't quite believe that now you will believe it by the end of the day as Mars moves in your favour. Put yourself about a bit.

♍ Virgo Aug. 24- Sept. 22 Like it or not you've got to move with the times, so stop making excuses and do whatever it takes to get yourself up to speed on the latest developments.

♎ Libra Sept. 23-Oct. 23 You may want more independence but not everyone is willing to give it to you. Well that's too bad because you are in no mood to compromise. You cannot please everyone, nor should that be your aim.

♏ Scorpio Oct. 24-Nov. 22 Is your brain plugged in? Let's hope so because you need to be on your toes today, especially where money matters are concerned.

♐ Sagittarius Nov. 23-Dec. 21 Mars in your sign will give you superhuman levels of strength and stamina today. Your rivals and competitors won't stand a chance. That is if any of them have the guts to take you on.

♑ Capricorn Dec. 22-Jan. 20 You want to get along with people but the planets warn there are some individuals you need to be wary of. How do you tell who they are? They're the ones who try to interest you in the latest "big thing".

♒ Aquarius Jan. 21-Feb. 18 No matter how friendly an Aquarius you happen to be you will come across someone today who is impervious to your charms.

♓ Pisces Feb. 19-March 20 Mars, planet of energy, transits the career angle of your chart from today, so keep your senses on full alert because there will be at least one, and maybe several, opportunities.
SALLY BROMPTON

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GLS model shown

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